

**Saturday,
February 9**

Join the Springfield Symphony as they set the night ablaze with a program overflowing with orchestral spark and splendor. One of the highlights being Stravinsky's classic ballet score *The Firebird*, based on the Russian folk tale of the Phoenix rising from the ashes. Considered one of the signature works of the early 20th century, the piece is literally bursting with orchestral color and has one of the most triumphant and satisfying endings in the history of music. The version the Symphony will perform is the same 1945 suite that was used by the great George Balanchine when choreographing his ballet of the same name for the New York City Ballet in 1949. Soloist for the evening will be the world-renowned Clarinet virtuoso Robert Spring. Juanita K. Hammons Hall for the Performing Arts, 525 John Q. Hammons Pkwy., Springfield. For tickets call 888.476.7849

February 12, 16

Get up close and personal with farm animals at Rutledge-Wilson Farm Community Park! Learn what they eat, how they are taken care of and why they are so important on a farm. For Children ages 2-5. Program lasts 30 minutes. Admission: children - \$1.50; Adults - free. Pre-registration is required. Call 417.837.5945 or 417.837.5949.

**Thursday,
February 21**

Hammons Hall presents *Flat Stanley* at 7 p.m. Stanley Lambchop is a normal, everyday kid. But one night, while he's sleeping, a bulletin board falls on him – and Stanley wakes up flat! Making the best of his situation, he decides to put himself in a big envelope and travel the world – as a human letter. In a brand-new whirlwind musical travelogue *Stanley* – the ultimate pen pal – scours the globe for a solution to his unusual problem. Wherever Stanley Lambchop goes, he meets new friends, learns about different cultures through song and dance, and closes in on his goal of being a three-dimensional boy once more. \$12-\$19. Juanita K. Hammons Hall for the Performing Arts, 525 S. John Q. Hammons Parkway, Springfield. Call 888.476.7849.

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Check out the 2,233 things to do in our on-line community calendar at myGuidon.com! Sign up and add your event today for free!

FamilyLife

Thursday, February 7, 2008

Supplement to GUIDON



Section D Page 1

College Financial Aid *An Army Parent's Search*



Courtesy photo

College tuition doesn't have to break the bank, so long as you're willing to invest the time and energy required to research the many grants and scholarships your student may be eligible for.

By Russell E. Gehrlein
Special to GUIDON

Almost six years ago, I started a journey that probably every parent dreads - checking into college financial aid options for my daughter. I found that it was a very time-consuming process, and somewhat confusing on occasion, but in the end it yielded surprising results. My daughter recently graduated from the private liberal arts college that she started in the fall of 2003, due in part to the generosity of various private organizations that support military families.

Just how generous were they? Well, Melissa received over \$88,000 in grants and scholarships over her four years, of which \$21,000 or 24 percent were from military groups such as Army Emergency Relief, Noncommissioned Officer's Association, Chemical Corps Regimental Association, and Fort Wood Community Spouses Club. Her brother, Brian, who is now a sophomore, received \$32,000. About \$7,600 was from military-related organizations.

The experiences we had, the tools we developed, the steps we took, the sources of college financial aid we found that were specifically for military families and the lessons we

learned might be helpful to other Soldiers and their family members who are trying to figure out for the first time how to pay for college for their own son or daughter.

Our Family's journey

It was spring of 2002, Melissa's junior year, when I began to think about how we were going to pay for college. A friend of hers let her borrow a book on Christian colleges. Melissa found several that she was interested in. These private schools all cost in the neighborhood of \$15,000 annually for tuition alone. For a long time, her mother and I said that with Melissa's good grades, class standing, test scores, and talent, she was bound to get some good scholarships. She would have to get money from somewhere because we had not been able to save much.

In a bookstore, I found a book, "How to go to College Almost for Free," by Ben Kaplan. It was extremely helpful. After spending a few minutes reading, I was beginning to learn some valuable stuff, like, "Don't count out the expensive schools."

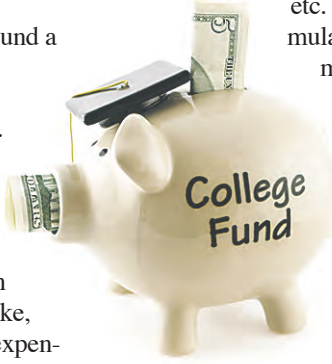
That night I start checking out some of the Web sites he suggested. It was unbelievable! In a few short weeks, I had collected information on over 40 scholarships, plus grants,

loans, and other possibilities from a dozen Web sites. Quite a few programs were available just because I was in the military. I also located financial aid details from the schools my daughter had an interest. It was amazing the amount of money these organizations were giving away.

I attempted to organize the mountains of information that I pulled off the Web by putting together my infamous multi-tabbed blue binder. It contained printouts from all the Internet search engines I used, applications available online, federal and state financial aid info, and school-specific programs. I designed a spreadsheet to consolidate critical data from each source such as deadlines, number of awards given out, dollar amounts possible, special instructions, etc. I put in a column with formulas to total the awards automatically as they came in.

Putting in a realistic estimate of what I thought she would get, it added up to about \$20,000 for her first year. I was initially quite optimistic. I thought that she would be able to attend the school of her choice.

I designated about a dozen of these scholarship programs as mandatory for Melissa to apply to, and put all



See **FINANCIAL AID**, Page D2

Hannah Montana movie sends moms scrambling for tickets

By Susan Reinhardt
Special to GUIDON

It's funny how the tables often turn. Not just a few degrees, but completely upside down.

When Billy Ray Cyrus sang "Achy Breaky Heart," he was on top of the charts, and then for a while, considered a joke.

Now he has a daughter, the tween queen Miley Cyrus (Hannah Montana) who has driven girls 8 to 15 into Miley maniacs. And we mothers of these "Hannah Montana" fans are the ones scrambling and canoodling to snag tickets for her 3-D movie featuring concert footage from her sold-out events across the country.

My wonderful and on-the-ball neighbor found a way to cop a pair of tickets through a How-to-See Miley article in a parenting magazine. She asked if we'd like to go.

"Wanna see the new Hannah Montana concert movie?" I asked my 9-year-old who has the star's CDs and even a "Barbie" made from the singer/actress's image.

"No, that's OK," my pre-teen said and I went into mild shock.

NO? How could she not want to go when she'd been such a major fan?

This news rattled me because just two nights earlier she had a fit to watch "Zoey 101," the show featuring the very pregnant and "sweet 16" Jamie Lynn Spears, Britney's younger sis.

"It's the last two episodes," she said, "and then Jamie will get really fat and they'll take her off the air."

Oh, but they didn't. News is, "Zoey 101," will hit the tube again, despite its star getting knocked up before she ever had a chance to finish her childhood.

A few days later, my daughter changed her mind about Miley, and I've been on a wild ride trying to dig up a couple of these "Hannah Montana" tickets, which are \$15 each, mind you.

Because it's Miley and not a movie featuring the Spears sisters, Loopy Lohan or Ditzzy Ms. Hilton, I'll pay the money. From all I've read, Miley is (so far) unlike other pop idols our children often try to emulate.

She's a good girl whose favorite restaurant is Cracker Barrel, not some trendy bistro/bar in L.A. Her hero and role model is Dolly Parton and not someone like Amy Winehouse.

If Miley's handlers don't wear the child out and work her to death, she seems stable enough to hang in there and avoid the pop-star cycle of drug and alcohol abuse leading to bizarre and absurd behaviors.

The other day in the doctor's office, I read where Miley receives only \$300 a month for allowance and nothing more. So no Louis Vuitton doggy carriers for this fresh-faced pop princess. She also has

See **REINHARDT**, Page D2

Baby powder, shampoo linked to chemical risk

By Liz Szabo
Special to GUIDON

Parents who use baby powder, lotion or shampoo on their infants may unknowingly expose their children to controversial chemicals with hormone-like effects, a study shows.

Researchers found the chemicals - called phthalates - in the urine of all 163 babies tested, according to the study in the latest issue of "Pediatrics." Most of the babies, whose average age was 13 months, had seven or more

types of phthalates in their urine. Concentrations of phthalates were higher in infants who were exposed to lotion, powder and shampoo than in other infants, the study shows.

Doctors are concerned about phthalates because many animal tests and a few human studies link the chemicals - a broad class of ingredients found in everything from vinyl toys and hospital tubing to cosmetics - to reproductive abnormalities, allergies and eczema, says Sheela Sathyanarayana, acting assistant professor at the University of Washington. Unborn children and infants are espe-

cially vulnerable to chemicals that disrupt their hormonal balances because their reproductive systems are still developing, she says.

"It's hard to trace where these chemicals are coming from," Sathyanarayana says. "They could be causing harm, but we don't know to what extent."

A 2006 Danish study found that babies exposed to certain phthalates in breast milk had altered levels of reproductive hormones in their blood. Some of the same phthalates were found in the urine of babies in the "Pediatrics" study.

The new study suggests that phthalates are absorbed through the skin, says Ted Schettler, an expert on hormone-disrupting chemicals and science director for an advocacy group called the Science and Environmental Health Network. Schettler says it's possible that being exposed to a combination of phthalates could be more harmful than being in contact with an individual chemical. Scientists need to test combinations like those found in this study to know for sure, he says.

"The jury is out on whether this level of exposure is potentially associated with health effects," Schettler says. John Bailey, chief scientist with the Personal Care Products Council, an industry group, says expert panels in the USA and Europe have found phthalates to be safe. Bailey says the "Pediatrics" study "makes no sense," noting that only one of the phthalates found in babies' urine in this study is used in personal care products. Some of the other phthalates detected in this study aren't typically used in cosmetics, suggesting that

See **STUDY**, Page D2



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Financial aid

From Page D1

due dates on a calendar. As an additional motivator, I decided to give her \$10 to \$15 for each application completed as a reward for her work in gathering transcripts, getting letters of recommendation, and writing essays. I also wrote her a very personal letter pointing out some of the strengths I saw in her to help her with the essays that she would be writing. Finally, she and I signed a contract outlining her responsibilities to follow through on this detailed plan. Even if she followed it to the letter, there was no guarantee that enough funds would come in. In that case, we would look at student loans, or she might have to choose a less expensive school.

In November, Melissa tagged along with a friend of hers to visit a couple of schools in Southern California. Later on, we took our own trip to Seattle. She also attended a Christian college fair in Boise, Idaho, with several others from her church youth group. Later, she received her first scholarship offer - \$800 to sing in a select women's chorus at one of the universities she visited. However, a few months later, the opportunity to compete as a finalist for a full-ride scholarship at the same school fell through.

In late January 2003, I filled out the Free Application for Federal Student Aid, which is a requirement to receive any kind of need-based federal financial aid. It was not as hard as I thought it would be. I found out that our Expected Family Contribution was a little more than

expected, but maybe we would not need to cover it all. In April, a huge offer came in from the last school to which she applied. It looked like we could actually afford to send Melissa to a Christian college. She visited the school a couple of weeks later, and really liked it.

What were our results? All the financial aid my daughter needed came together just in time due to the hard work and partnership between parents and child. So much information was available. We merely organized it, developed a solid plan, and then followed through. It was an exhausting process, but was well worth the effort.

Steps to conduct a search
The steps listed below may help you get the college financial aid search process started. First, gather critical data on your child, such as high school GPA, class rank, ACT/SAT test scores, extra-curricular activities, awards received, volunteer hours completed, and college preferences (major, location, type of school). This information will be used for the next step.

Go to one of the many free college financial aid search websites, such as FastWeb (www.fastweb.com), CollegeBoard (<http://www.collegeboard.com/student/pay/>), or Scholarships.com (www.scholarships.com). Log on as a new user, and try to select a username and password that you can use for several different sites. You or your child will then need to fill out the somewhat detailed profile portion to allow the search engine to nar-



Courtesy graphic

Every search for aid should include filling out the Free Application for Federal Student Aid (FAFSA) online at www.fafsa.ed.gov.

row its focus to select only those programs that would meet your student's needs, interests, and qualifications.

Once the student profile is completed, run the search engine. If possible, print the entire results list. Conduct a quick analysis of each item to see if it is worth your student's time. Some you could probably throw out right away just based on its name. For others, you will want to check out the provider's Web site for more details. Look at how many award recipients there will be, how much the award is, what the prerequisites are, what documents need to be submitted, what the deadline is, etc. Highlight and print the ones that may be of value, and move on through the list. Extract critical data for your consolidated results spreadsheet and deadline calendar.

The next step is simply to follow through. Talk with your son or daughter and encourage them to work smarter, not just harder. Some essays or bio sheets can be used multiple times. Coach your student to plan to complete applications a week or two ahead of the deadline just in case. Return to your favorite Web sites on occasion to check for new results. Have your child see their high school counselor, who will be a great source of local scholarship programs.

Do not forget to fill out the FAFSA. You do not know if your family qualifies for federal student aid until you do. If this is your first time, go to www.fafsa.ed.gov to request a personal identification number. It is relatively easy to do the application on-line. You can save a partial application if needed, and come back later to com-

plete it. You will need your end-of-year tax information and which colleges your child is interested in. Results come in the form of a Student Aid Report, and are sent to you through e-mail notification, usually in a few days.

Lastly, develop a back-up plan. If awards are not coming in as expected from private or government sources, or if schools are not as generous with their offers, you may have to make some hard decisions. Your child may need to choose a less-expensive school, or you may want to consider participating in a federal Parent Loan program to augment the financial aid package.

Lessons learned
I would like to summarize some of the things we have learned along the way:

- Start early! The ideal time to begin seriously searching for college financial aid would be spring of your student's junior year in high school. This is also a good time to take the ACT or SAT so that they can retake if needed in the fall of their senior year.
- Cast your net wide. Look at national, state, and local sources of financial aid. Research school-based programs at every college your son or daughter has an interest.
- When using Web-based search engines, only use ones that are free. You do not need to pay anyone to find information for you that is available to the public.
- Pay attention to detail! Missing a deadline or forgetting to send in one document can

cost you thousands of dollars of free money for the school year.

• Find that delicate balance between doing it all yourself and letting your student do everything themselves. It has to be a partnership to succeed. It is their future, but it is your pocketbook. If each part puts 100-percent effort into the process, all should be happy.

Of course, not everyone out there may need or want to put this much effort into the college financial aid process. Some families may have saved up enough money along the way. Some children may be fortunate to receive a full-ride academic or sports scholarships to attend the school of their choice. Others will take advantage of the Missouri A-Plus program, where the first two years of college are paid for if their student meets specific requirements. There are a lot of options out there for your son or daughter to fund their college education.

However, for the majority of military families, finding some free money for school would be a good thing. These techniques worked well for us, and we will be using them with our youngest child, Andrew, very shortly. They might not work as well for others, but they could be a means to get the process started. The only way to discover if they work for you is to modify our program to fit your own particular needs, and then get busy. Best of luck!

(Editor's note: Gehrlein, is a retired master sergeant. You can contact him via e-mail at Russell.gehrlein@us.army.mil.)

Homecoming court announced

Waynesville homecoming queen candidates are from left to right: Erica Sanders, freshman and Acoya Nelson, sophomore, Melanie Houston, Brittany Breedlove, and Nicole Macon, seniors, Brittany Fincher, junior. Not pictured: Cheryl Harper, senior.



Courtesy photo

Study

From Page D1

children were exposed another way.

Sathyanarayana, a pediatrician, notes that parents don't need to use lotions and powders on infants at all, unless they're prescribed by a doctor.

"Babies don't need lotions," Sathyanarayana says. "It's the one time in your life that your skin is perfect."

Reinhardt

From Page D1

a curfew, and when she doesn't obey, her parents ground her and take away her cell phone.

In other words, she's pretty much treated like a normal 15-year-old, despite the fact she's the It Girl on the teen scene at the moment. Disney's "Hannah Montana" show, in which she plays the lead, is the one of the network's most popular kids'

shows of all time.

And the good thing about Miss Miley is that so far - and I'm crossing my fingers - she remains wholesome, and hasn't troubled her parent's achy breaky hearts.

(Editor's note: Reinhardt is a columnist and feature writer for the Asheville, N.C. Citizen-Times.)

School lunch, breakfast menus

Freedom, East, Pick, Wood, Thayer, and Partridge Elementary Schools
Monday, February 11
Breakfast: Breakfast on a stick, peaches, 100% fruit juice and milk.
Lunch: Grilled cheese, French fries, green beans, peaches, and milk.
Tuesday, February 12
Breakfast: Breakfast sandwich, pineapple chunks, 100% fruit juice and milk.
Lunch: Chicken pattie on bun, mac & cheese, seasoned broccoli, blushing pears, and milk.
Wednesday, February 13
Breakfast: Apple cinnamon bake, sun-maid raisins and milk.
Lunch: Chicken quesadillas, salsa, corn, pineapple plea-

sure, and milk.
Thursday, February 14
Breakfast: Pancakes w/cherries, reduced calorie syrup, 100% fruit juice and milk.
Lunch: Hot dog on bun, French fries, green beans, fresh grapes, chocolate pudding, and milk.
Friday, February 15
No school.
Middle School
Breakfast buffet served daily. Choose from the following: Bagel with cream cheese, English muffin with jelly or cream cheese, yogurt with toast and jelly, cereal with toast or breakfast burrito. All served with milk, juice, and fresh fruit choice.
Monday, February 11
Lunch: Hot dog on bun or sloppy Joe on roll, French fries, green beans, apple

crisp, and milk.
Tuesday, February 12
Lunch: Chicken pattie on but w/fries or nacho deluxe, corn, Spanish rice, and milk.
Wednesday, February 13
Lunch: Soup & salad bar or spaghetti w/bread stick or ribb-q on by w/fries, combo salad, cheese snack, and milk.
Thursday, February 14
Lunch: Soup & salad bar or cheeseburger on bun or popcorn chicken, French fries, garden salad, oranges, sherbet, and milk.
Friday, February 15
No school.

High School
Breakfast buffet served daily. Choose from the following: Bagel with cream cheese, English muffin with jelly or cream cheese, yogurt with toast and jelly, cereal with toast or breakfast burrito. All served with milk, juice, and fresh fruit choice.
Monday, February 11
Lunch: Oriental bar or cheese pizza or hamburger on bun, side dishes, and milk.
Tuesday, February 12
Lunch: Pepperoni pizza or hot dog on bun or oven fried chicken w/mashed potatoes & gravy, corn, roll, peaches, side dishes, and milk.
Wednesday, February 13
Lunch: Mexican bar or cheese pizza or chicken pattie on bun, side dishes, and milk.
Thursday, February 14
Lunch: Salad bar or cheese pizza or corn dog, side dishes, and milk.
Friday, February 15
No school.

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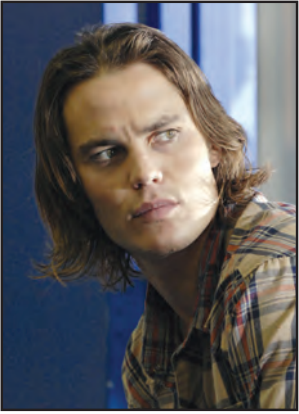
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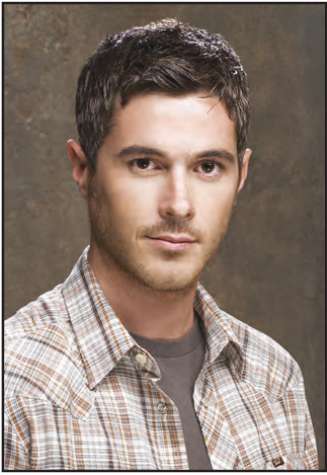
HIGHLIGHTS FOR THE WEEK OF
February 7 - 13, 2008



ABC
Sunday, February 10
9 p.m.
A surprise visit from Justin (Dave Annable) gives Kevin (Matthew Rhys) pause to rethink his future and romantic life on “**Brothers & Sisters.**”



NBC
Friday, February 8
8 p.m.
Tim Riggins (Taylor Kitsch) continues his pursuit of Lyla (Minka Kelly) by getting his own show at the Christian radio station where she works on “**Friday Night Lights.**”



CBS
Tuesday, February 12
9 p.m.
When the Cheyenne government ends the battle between Jericho and New Bern and reconstruction begins, Jake (Skeet Ulrich) is offered the position of sheriff on the season premiere of “**Jericho.**”

THURSDAY • FEBRUARY 7, 2008 Evening

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
ABC	Lost: The Beginning of the End ¹² (CC)	Lost: Confirmed Dead ¹² (CC)	Eli Stone: Freedom ¹² (CC)	Local Programs	Nightline ¹² (CC)	Jimmy Kimmel Live ¹² (CC)				
CBS	Survivor Micronesia: Fans vs. Favorites ¹² (CC)	CSI: Crime Scene Investigation ¹² (CC)	Without a Trace: Baggage ¹² (CC)	Local Programs	Late Show with David Letterman ¹² (CC)	Late Late Show ¹² (CC)				
CW	Smallville: Siren ¹² (CC)	Supernatural: Dream a Little Dream ¹² (CC)	Local Programs	Local programming information.		Local Programs	Local information.			
FOX	Are You Smarter Than a 5th Grader? ¹² (CC)	Don't Forget the Lyrics! ¹² (CC)	Local Programs	Local programming information.		Local Programs	Local information.			
MYN	The Great White Hype ¹² ★★½ (1996, Comedy) Champ is cocky about a publicity bout. ¹² (CC)		Local Programs	Local information.		Local Programs	Local information.			
NBC	Deal or No Deal ¹² (CC)	The Celebrity Apprentice ¹² (CC)	Lipstick Jungle: Pilot ¹² (CC)	Local Programs	The Tonight Show with Jay Leno ¹² (CC)	Late Night ¹² (CC)				
A&E	The First 48: Good Book; Nightmare ¹² (CC)	The First 48: Thrown Away; Crimson ¹² (CC)	The First 48: Burden of Proof; Backfire ¹² (CC)	American Justice: Shotgun Justice ¹² (CC)	Nightmare ¹² (CC)	The First 48: Good Book; Nightmare ¹² (CC)				
AMC	The Matrix ¹² ★★½ (1999, Science Fiction) Keanu Reeves, Laurence Fishburne. A hacker fights to free mankind. ¹² (CC)		Breaking Bad: Pilot ¹² (CC)	Dante's Peak ¹² ★★½ (1997) Pierce Brosnan. (CC)						
TDC	Man vs. Wild: European Alps ¹² (CC)	Man vs. Wild: Panama ¹² (CC)	Man vs. Wild: Scotland ¹² (CC)	MythBusters: Steel Toe Amputation ¹² (CC)	Hannah Montana ¹² (CC)	The Replacements: Field Trippin'; Fiddlin' ¹² (CC)				
DISN	Wendy Wu: Homecoming Warrior ¹² ★★ (2006, Action) An Asian-American teenage warrior. (CC)	That's So Raven ¹² (CC)	Life with Derek ¹² (CC)	Zack & Cody (CC)	Hannah Montana ¹² (CC)	The Replacements: Field Trippin'; Fiddlin' ¹² (CC)				
ESPN	600 College Basketball ¹² (LIVE)	College Basketball Indiana Hoosiers vs Illinois Fighting Illini from Assembly Hall ¹² (LIVE)		SportsCenter						
FAM	Matilda ¹² ★★½ (1996, Comedy) Danny DeVito, Rhea Perlman. A young girl uses her brains and talent to get even with a wicked principal. ¹² (CC)		The 700 Club (CC)	Whose Line Is It Anyway? ¹² (CC)						
LIFE	Reba: Rival ¹² (CC)	Reba ¹² (CC)	Witness ¹² ★★½ (1985, Drama) Harrison Ford, Kelly McGillis. A cop falls for an Amish woman. ¹² (CC)	Will & Grace ¹² (CC)	Frasier: Father of the Bride ¹² (CC)					
MTV	America's Next Top Model ¹² (CC)	Making the Band 4 ¹² (CC)	Randy Jackson's America's Best Dance Crew ¹² (CC)	Randy Jackson's America's Best Dance Crew ¹² (CC)						
NICK	Drake & Josh ¹² (CC)	SpongeBob ¹² (CC)	Home Impr (CC)	Home Impr (CC)	George Lopez (CC)	George Lopez (CC)	Prince: Love Hurts ¹² (CC)	Prince (CC)	Home Improvement: The Vasectomy One ¹² (CC)	
TBS	Friends ¹² (CC)	Friends ¹² (CC)	Mission: Impossible II ¹² ★★½ (2000, Action) Tom Cruise, Dougray Scott. Rogue agent turns terrorist. ¹² (CC)	Sex and the City ¹² (CC)	Sex and the City ¹² (CC)	Sex and the City ¹² (CC)				
TLC	American Chopper: Mike's Special ¹² (CC)	American ¹² (CC)	American ¹² (CC)	LA Ink: Vasectomy ¹² (CC)	LA Ink ¹² (CC)	LA Ink: Corey's Vasectomy ¹² (CC)				
SPIKE	CSI: Crime Scene Investigation: Empty Eye ¹² (CC)	TNA: Wrestling IMPACT! ¹² (CC)		Pros vs. Joes: Catch Rocket Ismail ¹² (CC)	Manswers ¹² (CC)					
TNT	NBA Basketball Cleveland Cavaliers vs Houston Rockets from Toyota Center ¹² (LIVE)		NBA Basketball Chicago Bulls at Golden State Warriors from Oracle Arena in Oakland ¹² (LIVE)							
USA	Law & Order: Special Victims Unit: Clock ¹² (CC)	Law & Order: Special Victims Unit ¹² (CC)	Law & Order: Special Victims Unit ¹² (CC)	Law & Order: Criminal Intent: Maledictus ¹² (CC)	Law & Order: Special Victims Unit: Clock ¹² (CC)					

FRIDAY • FEBRUARY 8, 2008 Evening

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
ABC	Grey's Anatomy: Haunt You Every Day (CC)	Desperate Housewives: Alibi ¹² (CC)	20/20 ¹² (CC)	Local Programs	Nightline ¹² (CC)	Jimmy Kimmel Live ¹² (CC)				
CBS	Ghost Whisperer: No Safe Place ¹² (CC)	Moonlight: Arrested Development (CC)	Numb3rs: Thirteen ¹² (CC)	Local Programs	Late Show with David Letterman ¹² (CC)	Late Late Show ¹² (CC)				
CW	Friday Night Smackdown! Heavyweight matches with storylines. ¹² (CC)		Local Programs	Local programming information.		Local Programs	Local information.			
FOX	Bones: A Boy in a Bush ¹² (CC)	House: Sleeping Dogs Lie ¹² (CC)	Local Programs	Local programming information.		Local Programs	Local information.			
MYN	SherryBaby ¹² ★★½ (2006, Drama) Maggie Gyllenhaal. A woman returns home from prison. ¹² (CC)		Local Programs	Local information.		Local Programs	Local information.			
NBC	1 vs. 100 Jeremy Miller and Charlene Tilton. (CC)	Friday Night Lights: The Best Man Wins (CC)	Las Vegas: Win, Place, Bingo ¹² (CC)	Local Programs	The Tonight Show with Jay Leno ¹² (CC)	Late Night ¹² (CC)				
A&E	CSI: NY: Manhattan Mahi ¹² (CC)	CSI: Miami: Shootout ¹² (CC)	CSI: Miami: Cop Killer ¹² (CC)	CSI: Miami: One Night Stand ¹² (CC)	CSI: NY: Manhattan Mahi ¹² (CC)					
AMC	Jurassic Park ¹² ★★½ (1993, Science Fiction) Sam Neill, Laura Dern. Park visit becomes tour of terror. ¹² (CC)	Species ¹² ★★½ (1995, Science Fiction) Sir Ben Kingsley. A deadly alien is disguised as a woman. ¹² (CC)	Puppet Master ¹² (CC)							
TDC	Survivorman: Alaska ¹² (CC)	Man vs. Wild: Alaskan Mountain Range ¹² (CC)	Fight Quest: Korea ¹² (CC)	Fight Quest: France ¹² (CC)	Survivorman: Alaska ¹² (CC)					
DISN	Chicken Little ¹² ★★½ (2005, Family) Chicken must fight alien invasion. ¹² (CC)	Phineas and Ferb: Fast and the Phineas ¹² (CC)	Life with Derek ¹² (CC)	Zack & Cody (CC)	Hannah Montana ¹² (CC)	The Replacements: Zoo or False ¹² (CC)				
ESPN	NBA Basketball Boston Celtics vs Minnesota Timberwolves from The Target Center ¹² (LIVE)	NBA Basketball Washington Wizards vs Denver Nuggets from Pepsi Center ¹² (LIVE)								
FAM	(6:30) Never Been Kissed ¹² ★★½ (1999, Comedy) Drew Barrymore. Reporter goes back to school. ¹² (CC)	America's Funniest Home Videos ¹² (CC)	The 700 Club (CC)	Larry Jones Feed the Children ¹² (CC)						
LIFE	Reba ¹² (CC)	Reba: Kids Alright ¹² (CC)	Look Good Naked ¹² (CC)	Top This Party ¹² (CC)	Will & Grace ¹² (CC)	Will & Grace ¹² (CC)	How To Look Good Naked (CC)			
MTV	Beauty and the Geek ¹² (CC)	Randy Jackson's America's Best Dance Crew ¹² (CC)	Real World/ Road Rules: The Gauntlet III ¹² (CC)	Jackass: Gumball Rally ¹² (CC)	Jackass ¹² (CC)					
NICK	Barney ¹² (CC)	Avatar: Last ¹² (CC)	El Tigre ¹² (CC)	Power of Juju ¹² (CC)	George Lopez (CC)	George Lopez (CC)	Home Impr (CC)	Home Impr (CC)	Fresh Prince of Bel-Air: Slum Like It...Not ¹² (CC)	
TBS	Loves Raymond ¹² (CC)	Loves Raymond ¹² (CC)	The Bourne Supremacy ¹² ★★½ (2004, Action) Matt Damon. Blamed for murder by CIA, Bourne runs. ¹² (CC)	Sex and the City ¹² (CC)	Sex and the City ¹² (CC)	Sex and the City ¹² (CC)				
TLC	Say Yes Dress ¹² (CC)	Say Yes Dress ¹² (CC)	What Not to Wear: Kathy ¹² (CC)	10 Years Younger: Fayeleen, Zina (CC)	What Not to Wear: Kathy ¹² (CC)	MXC: Art World vs. Insurance ¹² (CC)				
SPIKE	CSI: Crime Scene Investigation ¹² (CC)	Prisoners: Out of Control ¹² (CC)	Spike's Most Amazing Videos: Wipe Outs ¹² (CC)	Disorderly Conduct: Video on Patrol ¹² (CC)	MXC: Art World vs. Insurance ¹² (CC)					
TNT	Pretty Woman ¹² ★★½ (1990, Romance) Richard Gere. Businessman hires a prostitute. ¹² (CC)	(15) Pretty Woman ¹² ★★½ (1990, Romance) Richard Gere. Businessman hires a prostitute. ¹² (CC)	House: It's a Wonderful Lie ¹² (CC)	Monk: Mr. Monk Is Up All Night ¹² (CC)						
USA	The Dukes of Hazzard ¹² ★★ (2005, Comedy) Johnny Knoxville. The Duke cousins fight corruption. ¹² (CC)									

SATURDAY • FEBRUARY 9, 2008 Evening

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
ABC	Charlie Brown ¹² (CC)	Charlie and the Chocolate Factory ¹² ★★½ (2005, Fantasy) Johnny Depp. Boy tours chocolate maker's factory. ¹² (CC)	Local Programs	Local information.						
CBS	Shark: Here Comes the Judge ¹² (CC)	48 Hours Mystery ¹² (CC)	48 Hours Mystery ¹² (CC)	Local Programs	Local programming information.					
CW	Local Programs	Local programming information.	Local Programs	Local programming information.						
FOX	NASCAR Sprint Cup: Budweiser Shootout from Daytona International Speedway ¹² (LIVE)		MADtv "Hannah Montana"; "Johnny Gan." ¹² (CC)	TALKSHOW with Spike Feresten ¹² (CC)						
MYN	NFL Total Access ¹² (CC)	Paradise Hotel 2 ¹² (CC)	Local Programs	Local information.		Local Programs	Local information.			
NBC	Law & Order: Criminal Intent: Seeds (CC)	Law & Order: Special Victims Unit: Snitch ¹² (CC)	Law & Order: Misbegotten ¹² (CC)	Local Programs	Saturday Night Live Sketch comedy, celebrity hosts & music. (CC)					
A&E	True Lies ¹² ★★½ (1994, Action) Arnold Schwarzenegger, Jamie Lee Curtis. A woman's husband is a secret agent. ¹² (CC)	Flip This House: The Montelongo Bunch ¹² (CC)	Flip This House: The Montelongo Bunch ¹² (CC)	True Lies ¹² ★★½ (1994) Arnold Schwarzenegger. ¹² (CC)						
AMC	Die Hard ¹² ★★½ (1988, Action) Bruce Willis, Alan Rickman. A cop fights hostage-holding terrorists. ¹² (CC)	(45) Cool Hand Luke ¹² ★★½ (1967, Drama) Paul Newman, George Kennedy. A man serves a term on a prison farm. ¹² (CC)								
TDC	Some Assembly Required ¹² (CC)	MythBusters: James Bond, Part 2 ¹² (CC)	Smash Lab: Earthquake Proof House ¹² (CC)	Some Assembly Required ¹² (CC)						
DISN	Zack & Cody (CC)	Cory in the House ¹² (CC)	(15) Snow Dogs ¹² ★★ (2002, Comedy) Michelle Nichols. Ted gets involved in a dog sled race. ¹² (CC)	Zack & Cody (CC)	Hannah Montana ¹² (CC)	The Replacements: German Squirm ¹² (CC)				
ESPN	College GameDay ¹² (CC)	College Basketball Georgetown Hoyas at Louisville Cardinals from Freedom Hall ¹² (LIVE)		SportsCenter						
FAM	Sleeping with the Enemy ¹² ★★½ (1991, Thriller) An abused woman creates a new identity. ¹² (CC)	Making Mr. Right ¹² (2008, Drama) Dean Cain. Magazine editor makes over uncouth man. (CC)	Grey's Anatomy: Much Too Much ¹² (CC)	Desperate Housewives: Juiciest Bites (CC)						
LIFE	True Life: I'm Getting Married ¹² (CC)	True Life: I Have a Friend with Benefits ¹² (CC)	True Life: I'm Getting Married ¹² (CC)	True Life: I'm Getting Married ¹² (CC)						
MTV	iCarly: Hate ¹² (CC)	Naked Brothers ¹² (CC)	Drake & Josh ¹² (CC)	Ned's Guide ¹² (CC)	George Lopez (CC)	George Lopez (CC)	Prince: Get a Prince (CC)	Home Improvement: The Longest Day (CC)		
TBS	The Longest Yard ¹² ★★½ (2005, Comedy) Adam Sandler, Rock. Convicts play guards in football game. ¹² (CC)	Trading Spaces: Rival Cheerleaders ¹² (CC)	My First Home ¹² (CC)	My First Home ¹² (CC)	Flip That House ¹² (CC)	Flip That House ¹² (CC)	Trading Spaces: Rival Cheerleaders ¹² (CC)			
TLC	Flip That House ¹² (CC)	Flip That House ¹² (CC)	Trading Spaces: Rival Cheerleaders ¹² (CC)	My First Home ¹² (CC)	My First Home ¹² (CC)	Flip That House ¹² (CC)	Flip That House ¹² (CC)	Trading Spaces: Rival Cheerleaders ¹² (CC)		
SPIKE	Pros vs. Joes ¹² (CC)	Pros vs. Joes ¹² (CC)	Pros vs. Joes: Catch Rocket Ismail ¹² (CC)	TNA: Wrestling IMPACT! ¹² (CC)						
TNT	School of Rock ¹² ★★½ (2003, Comedy) Jack Black, Adam Pascal. Wannabe rock star turns music teacher. ¹² (CC)	School of Rock ¹² ★★½ (2003, Comedy) Jack Black, Adam Pascal. Wannabe rock star turns music teacher. ¹² (CC)								
USA	(600) The Fast and the Furious ¹² ★★½ (2001)	The Dukes of Hazzard ¹² ★★ (2005, Comedy) Johnny Knoxville. The Duke cousins fight corruption. ¹² (CC)								

SUNDAY • FEBRUARY 10, 2008 Evening

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
ABC	Extreme Makeover: Home Edition: Gilyeat Family Handicapped Iraq vet gets new home. ¹² (CC)	Brothers and Sisters: Missionary Implode. ¹² (CC)	Local Programs	Local information.						
CBS	50th Annual Grammy Awards Awards ceremony features nominees George Lopez, Mary J. Blige and others. ¹² (CC)	Local Programs	Local programming information.							
CW	Everybody Hates Aliens in America ¹² (CC)	GiRLfriends ¹² (CC)	The Game ¹² (CC)	Local Programs	Local programming information.					
FOX	The Simpsons: King of the Hill ¹² (CC)	Family Guy ¹² (CC)	Family Guy ¹² (CC)	Local Programs	Local programming information.					
MYN	Local Programs	Local programming information.	Local Programs	Local information.						
NBC	American Gladiators ¹² (CC)	100 Most Outrageous Moments of All-Time Most hilarious moments caught on film. ¹² (CC)	Local Programs	Local information.						
A&E	The First 48: The Run Around; Night Cap ¹² (CC)	The First 48: Last Dance; Deadly Deal ¹² (CC)	The Sopranos: The Test in River ¹² (CC)	The First 48: On Ice; Body in Canal ¹² (CC)	The First 48: The Run Around; Night Cap ¹² (CC)					
AMC	Striking Distance ¹² ★★ (1993, Thriller) Bruce Willis. A cop suspects a police cover-up. ¹² (CC)	Breaking Bad: ... and Bag's in River ¹² (CC)	Breaking Bad: ... and Bag's in River ¹² (CC)	Mad Men: New Amsterdam ¹² (CC)						
TDC	10 Deadliest Sharks ¹² (CC)	Air Jaws: Sharks of South Africa ¹² (CC)	Jaws of the Pacific ¹² (CC)	10 Deadliest Sharks ¹² (CC)	10 Deadliest Sharks ¹² (CC)					
DISN	Hannah Montana ¹² (CC)	Wizards ¹² (CC)	(15) Confessions of a Teenage Drama Queen ¹² ★½ (2004, Comedy) Lindsay Lohan. NYC teen adjusts to the suburbs. ¹² (CC)	Hannah Montana ¹² (CC)	The Replacements: Insecurity Guard; Quiet ¹² (CC)					
ESPN	600 NBA Basketball Denver Nuggets at Cleveland Cavaliers ¹² (LIVE)	NBA Basketball Washington Wizards at Phoenix Suns from US Airways Center ¹² (LIVE)		SportsCenter						
FAM	My Big Fat Greek Wedding ¹² ★★½ (2002, Comedy) A woman's engagement vexes her family. (CC)	My Big Fat Greek Wedding ¹² ★★½ (2002, Comedy) A woman's engagement vexes her family. (CC)	Lakewood Church (CC)							
LIFE	Making Mr. Right ¹² (2008, Drama) Dean Cain. ¹² (CC)	Lucky 7 ¹² ★★ (2003, Comedy) Woman defies her mom's advice for love. ¹² (CC)	Medium ¹² (CC)	Sex, Love, and Lies ¹² ★★ (2004) Annabeth Gish. ¹² (CC)						
MTV	Real World/ Road Rules: The Gauntlet III ¹² (CC)	Real World/ Road Rules: The Gauntlet III ¹² (CC)	Making the Band 4 ¹² (CC)	Randy Jackson's America's Best Dance Crew ¹² (CC)	Rob and Big ¹² (CC)					
NICK	Zoey 101 ¹² (CC)	Just Jordan ¹² (CC)	Nick News ¹² (CC)	Home Impr (CC)	George Lopez (CC)	George Lopez (CC)	Prince (CC)	Prince (CC)	Home Improvement: At Sea (CC)	
TBS	Rush Hour 2 ¹² ★★½ (2001, Action) De- tectives investigate a conspiracy. ¹² (CC)	(45) Mr. Deeds ¹² ★½ (2002, Comedy) Adam Sandler. A small-town guy inherits a fortune. ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Twins Turn 71 (CC)	
TLC	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Jon & Kate plus 8 ¹² (CC)	Wayne's World ¹² ★★½ (1992) Mike Myers. ¹² (CC)	
SPIKE	CSI: Crime Scene Investigation: Crow's ¹² (CC)	CSI: Crime Scene Investigation ¹² (CC)	CSI: Crime Scene Investigation ¹² (CC)	CSI: Crime Scene Investigation ¹² (CC)	CSI: Crime Scene Investigation: Pilot (CC)	Wayne's World ¹² ★★½ (1992) Mike Myers. ¹² (CC)				
TNT	Saving Private Ryan ¹² ★★½ (1998, War) Tom Hanks, Matt Damon. Soldiers risk their lives to save a man. ¹² (CC)	The Dukes of Hazzard ¹² ★★ (2005, Comedy) Johnny Knoxville. The Duke cousins fight corruption. ¹² (CC)								
USA	How to Lose a Guy in 10 Days ¹² ★★ (2003) (CC)	The Dukes of Hazzard ¹² ★★ (2005, Comedy) Johnny Knoxville. The Duke cousins fight corruption. ¹² (CC)								

MONDAY • FEBRUARY 11, 2008 Evening

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
ABC	Dance War: Bruno vs. Carrie Ann ¹² (C)		Underbelly ¹² (C)		October Road: Lived Like Giants ¹² (C)		Local Programs	Nightline ¹² (C)	Jimmy Kimmel Live ¹² (C)	
CBS	How I Met... Welcome Captain ¹² (C)		Two and 1/2 Men ¹² (C)	Old Christine ¹² (C)	CSI: Miami: Inside Out ¹² (C)		Local Programs	Late Show with David Letterman ¹² (C)		Late Late Show ¹² (C)
CW	Gossip Girl: Poison Ivy ¹² (C)		Girlfriends ¹² (C)	Girlfriends: Stand ¹² (C)	Local Programs	Local programming information.			Local Programs	Local information.
FOX	Prison Break: Hell or High Water ¹² (C)		Terminator: The Sarah Connor Chronicles ¹² (C)		Local Programs	Local programming information.			Local Programs	Local information.
MYN	Celebrity Exposed: Michael Jackson ¹² (C)		Paradise Hotel 2 ¹² (C)		Local Programs	Local information.	Local Programs	Local information.	Local Programs	Local information.
NBC	American Gladiators ¹² (C)	Battle tested athletes compete in semis.		Deal or No Deal ¹² (C)	Eleven \$1 million cases. ¹² (C)		Local Programs	The Tonight Show with Jay Leno ¹² (C)	Show with ¹² (C)	Late Night ¹² (C)
A&E	Intervention: Follow-Up Special ¹² (C)		Intervention: Leslie ¹² (C)		Paranormal State ¹² (C)	Paranormal State ¹² (C)	Paranormal State ¹² (C)	Paranormal State ¹² (C)	Intervention: Follow-Up Special ¹² (C)	
AMC	Troy ¹² (★ ★ ★ ★ 2004, Action) united Greek forces. ¹² (R)		Brad Pitt, Eric Bana. This film follows the assault on Troy by the					Hamburger Hill ¹² (★ ★ ★ (1987, War) American soldiers fight in Vietnam.		
TDC	Mega-Excavators (C)		The Ice Hotel A look at Sweden's ice hotel.		Extreme Engineering: Ice-landed Tunnel (C)		MythBusters: Paper Crossbow ¹² (C)		Mega-Excavators (C)	
DISN	(15) Stuart Little 2 ★ ★ (2002, Comedy) Geena Davis, Hugh Laurie. (C)		Minuscule ¹² (C)		That's So Raven ¹² (C)	Life with Derek ¹² (C)	Zack & Cody (C)	Hannah Montana ¹² (C)	The Replacements: Frog Prince ¹² (C)	
ESPN	College Basketball Villanova at Georgetown		College Basketball Kansas Jayhawks at Texas Longhorns from The Erwin Center ¹² (LIVE)				SportsCenter ¹² (C)		NFL Live ¹² (C)	
FAM	Kyle XY Family befriends strange teen boy.		Wildfire ¹² (C)		America's Funniest Home Videos ¹² (C)		The 700 Club (C)		Kyle XY Family befriends strange teen boy.	
LIFE	Reba: Pilot ¹² (C)	Reba ¹² (C)		What Girls Learn ★ ★ (2001, Drama) Woman juggles motherhood and romance. ¹² (PG)			Will & Grace (C)	Will & Grace (C)	Frasier: Everyone's a Critic ¹² (C)	
MTV	Making the Band 4 ¹² (C)		Making the Band 4 ¹² (C)		Making the Band 4 ¹² (C)		Real World/ Road Rules: The Gauntlet III ¹² (C)		Making the Band 4 ¹² (C)	
NICK	SpongeBob ¹² (C)	Drake & Josh ¹² (C)	Home Impr (C)	Home Impr: At Sea ¹² (C)	George Lopez ¹² (C)	George Lopez ¹² (C)	Prince (C)	Prince (C)	Home Improvement: Future Shock (C)	
TBS	Friends: Frank Jr. ¹² (C)	Friends ¹² (C)	Family Guy (C)	Family Guy (C)	Family Guy (C)	Family Guy (C)	Sex and the City ¹² (C)	Sex and the City ¹² (C)	The Policen Brief ★ ★ ★ (1993) Julia Roberts. ¹² (C)	
TLC	Little People (C)	Little People (C)	Jon & Kate plus 8 ¹² (C)	Jon & Kate plus 8 ¹² (C)	Raising 16 Children (C)		Little People (C)	Little People (C)	Jon & Kate plus 8: Behind The Scenes (C)	
SPIKE	CSI: Crime Scene Investigation: Pilot (C)		The Hunt for Red October ★ ★ ★ ★ (1990, Action) Sean Connery. Soviet sub turns rogue on maiden voyage. ¹² (PG)				CSI: Crime Scene Investigation: Lizards ¹² (C)		Star Trek: Voyager ¹² (C)	
TNT	Law & Order: Sectors ¹² (C)		Law & Order: Fame ¹² (C)		Law & Order: Fixed ¹² (C)		The Closer: About Face ¹² (C)		Without a Trace: Revelations ¹² (C)	
USA	Dog Shows & Competitions: Kennel Club		WWE Monday Night RAW ¹² (C)		WWE Monday Night RAW ¹² (C)		Law & Order: Special Victims Unit ¹² (C)		Law & Order: Criminal Intent: Phantom ¹² (C)	